



2011

All Ages are Affected by Substance Use and Mental Disorders

Although substance use and mental disorders are prevalent in our communities, treatment is effective and people can and do recover. In 2009, 4.3 million people ages 12 and over received treatment for a substance use disorder. Mental health problems affect 1 in 4 adults or about 57.7 million Americans each year. The SFY 2008 age-adjusted mortality rate among Washington state clients with mental illness is approximately 2.5 times greater than the SFY 2008 mortality rate among persons without mental illness.

Signs/Symptoms of Substance use Disorders

Adolescents

- Associating with a new set of friends
- Sudden decline in school performance
- Reduced interest in previous hobbies
- Alcoholic beverages missing from the house

Young Adults

- Frequent need of medication refill
- Increased tolerance for alcohol
- Legal trouble
- Problems with work or school performance

Middle-Aged Adults

- Anxious or paranoid demeanor
- Deterioration of physical appearance
- Frequent fighting
- Unexplained financial problems

Older Adults

- Anxiousness or irritability
- Increased memory loss
- Being out of touch with loved ones
- Unusual responses to medications

Signs/symptoms of Mental Health Problems

Children

- Changes in school performance
- Poor grades despite strong efforts
- Excessive anxiety in daily activities or persistent nightmares
- Hyperactivity and/or persistent lack of behavioral control.

Adolescents

- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Defiance of authority and/or substance use
- Prolonged negative mood

Adults

- Dramatic changes in mood and/or behavioral habits
- Excessive fears, anxieties or anger
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Excessive absenteeism in the workplace